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Home Economics

Alice P. Norton

Pedagogic School: The work of March will complete the course on food given to the training class. No attempt has been made to present a thorough course in cookery. The aim has been to illustrate principles, and to give to the students an insight into the subject which will enable them, if they choose, to do further study by themselves, and to enter into the work of the special teacher with whom they may be connected in their teaching.

The work for the latter part of February and the first of March will be on yeast bread, and baking-powder mixtures. Special topics will be assigned to different members of the class. The outline of work is as follows:

- I. Yeast.
 1. Definition:
A simple one-celled plant, of minute size, reproducing by means of budding.
 2. Form and structure:
Oval in shape; consisting of a cell wall of cellulose filled with protoplasm.
 3. Conditions favorable for growth.
 - (a) Moisture.
 - (b) Food: $\left\{ \begin{array}{l} \text{Proteid.} \\ \text{Mineral matter.} \\ \text{Sugar.} \end{array} \right.$
 - (c) Temperature of 20° C. to 30° C. (68° F. to 86° F.).
 4. Changes caused by growth.
Yeast is a ferment, and as a result of its life processes changes sugar into alcohol and carbon dioxide. In the process of bread-making starch is changed into sugar, and authorities differ as to whether this change is produced by means of the yeast, or by a ferment present in